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MRS. WASHINGTON'S "BOOK OF COOKERY."

BY MISS J. C. WYLIE.

Among the interesting and valuable relics and manuscripts, formerly the property of George Washington, of Mount Vernon, purchased in 1892 by the Historical Society of Pennsylvania, is "A Book of Cookery" used by Mrs. Washington and her descendants. The book is 6 × 8 inches, substantially bound in leather, and contains upward of five hundred and fifty recipes (one dated April 30, 1706) and a full index. There are a few notes in the handwriting of Mrs. Washington, but the writer of the recipes is identified through the following records: "This Book written by Eleanor Parke Custis's great-grandmother Mrs. John Custis, was given to her by her Beloved Grand Mama Martha Washington, formerly Mrs. Daniel Custis;" and in another part of the book, "This Book for [*illegible*] Lewis, written by her great-great-grandmother Mrs. Frances Parke Custis wife of John Custis, and eldest daughter and coheirress of Col. Daniel Parke aide to the Duke of Marlborough at the battle of Blenheim." The autographs of Eleanor Parke Custis Lewis, Lucy Parke, Peter Kemp, and others are to be found scattered through the book.

In the following excerpts selected from the "Book of Cookery" no changes in spelling or punctuation have been made.

TO MAKE A FRYKEY.

Take 2 Chicken, or a hare, kill & flaw them hot, take out theyr intrills & wipe them within, cut them in pieces & break theyr bones with a pestle, yⁿ put halfe a pound of butter into ye frying pan, & fry it till it be browne, yⁿ put in ye chickin & give it a walme or two, yn put in halfe a pinte of faire water well seasoned with pepper & salt & a little [?] put in a handfull of parsley, & time, & an onion, shread all small fry all these together till they be enough, & when it is ready to be dished up put into ye pan ye youlks of 5 or 6 eggs, well beaten & mixed

wth a little wine vinegar or juice of Leamons, stir them well together least it curdle yⁿ dish it up without any more frying.

TO STEW WARDEN'S (PEARS).

Boyle them first in faire water, then pare & stew them between 2 dishes with cinnamon sugar and rose water, or with the same seasoning you may put them in a pie & bake them.

TO MAKE A LETTIS TART.

When you have raised ye crust lay in all over the bottom some butter & strow in some sugar cinnamon & a little ginger, then boyle y^r cabbage Lettis in a little water & salt & when ye water is drayned from it, lay it in y^r coffin with some dammask pruens stoned, then lay on ye top some marrow & such seasoning as you layd on ye bottom, yⁿ close it up and bake it.

TO BOIL GREEN PEASE.

When they are shelled put them into a Long Gally-pot and set it into a pot of Seething water & cover ye gally-pot well, and in a short time you will find y^e Pease to be fine & tender; then put them out into a dish, and strew some salt upon them, and put in a good quantity of butter, and shake them well between 2 dishes, then put them into a hot dish and serve them to table. If they who are to eat them love spear-mint, put a sprig into the pot wth them.

TO WASH SILK STOCKINGS.

Make a strong hot ladder lay y^r Stockings on a table take a peice of sail cloth Double it and rub y^m soundly first on one side and yⁿ y^e other 3 ladders wrinse y^m well lett y^m Dry on the wrong sides when they are near dry put y^m out iron them smooth on ye wrong side.

TO DRESS A DISH OF MUSHRUMPS.

Take y^r firme mushrumps & pill y^e scin from them & scrape away all y^e red y^t grows on y^e insyde of them & pill y^r stalks likewise. If you finde them firme throw them as you doe them into faire water & let them ly 3 or 4 hours, then take them out of ye water & set them on y^e fire in a pan, they owne Liquor will stew them, put in an onnion cut in halves and often shake them, as ye water rises cast it still away till you finde them allmoste dry, then take out the onnion & put in a little sweet cream y^t is thick & shread in some time & parsley, & put in some grated nutmegg & a little grose pepper & a little salt & soe let them boyle, shakeing them well together, & put in A piece of fresh butter givinge them another shake & soe dish them up.

TO MAKE HIPPOCRIS.

Take 4 gallons of french wine & 2 gallons sack & 9 pound of powder sugar & 12 ounces of cinnamon, 9 ounces of ginger one ounce of nutmeg one ounce of coriander seeds, halfe an ounce of cloves & 2 quarts of new milk, put y^e wine & 2 pound of sugar into a clean tub & bruise all ye spices but not small & strow them on the top of y^e wine & let it stand close covered 2 hours, then put in ye rest of y^e sugar & y^e milk & stir them well together, then put it into a clean coten bagg & let it run twice thorough it into a clean pot & when it is clear bottle it up for y^e use. These spices will make y^e same quantity againe. If you would have it red culler it with red wine.

TO MAKE CAPON ALE.

Take an old Capon with yellow Leggs, pull him & crush y^e bones, but keep y^e scin whole & then take an ounce of caraway seeds, and an ounce of anny seeds, and two ounces of harts horne, and one handfull of rosemary tops, a piece or 2 of mace, and a Leamon pill, sow all these into ye bellie of your capon & chop him into a hot mash or hot water, and put him into two gallons of strong ale when it is working, after let it stand two or three dayes & then drink it, or you may bottle it after it hath stood 4 or 5 dayes & put a lump of sugar into every bottle w^{ch} will make it drink brisker, this ale is good for any who are in a consumption, & it is restorative for any other weakness.

TO MAKE COCK WATER.

Take a red cock & pull it alive and whip it till it be dead almoste, then cut him in 4 quarters while he is alive & drayn him well from bloud with A cloth, then take of penny royall, of pimpernell, of broad time, & rosemary of each one handfull, 2 pound & a quarter of raysons of ye sun, or currans rather, well piked & rubed in a cloth but not washed, a quarter of a pound of dates cut in slyces from y^e stones, and as many burrage, buglos or cowslip flowers or clove gilliflowrs according to ye season of ye year as you can get, or about halfe a handfull of each. Then put ye cock into ye still, the bone side to ye bottom, next of all ye hearbs after ye currans, & strow ye dates all about ye currans, & cover all over with leaf gold, then into this you must poure a pottle of sack & let it stand all night in ye still close luted [*sic*] after set ye still in goeing, & let it drop into a glass wherein is 4 ounces of white sugar candy finely beaten when this is stilled it must be mixed all together in one, & sweeten it more with sugar it must be still'd very leasurely, & drink of it 5 or 6 spoonfulls at a time morning & evening, for it is very restorative & excellently good for a consumption.

TO MAKE MOSS POWDER FOR A SWEET BAGG.

Take 2 pound of the moss of a sweet apple tree gathered between ye 2 Lady dayes, & infuse it in a quart of damask rose water 24 hours then take it out & dry it in an oven, on sive bottoms, then beat it into powder & put to it one ounce of lignum Alloes beaten & searced 2 ounces of orris a dram of muske half a dram of ambergreece, a quarter of a dram of civit, put all these into a hot mortar and beat them together with a hot pestle, yⁿ searce them thorough a course hare searce after put it into a bagg & lay it amongst your clothes.

TO KEAPE THE TEETH CLEAN & WHITE & TO FASTEN THEM.

Take cuttle fish bone and make it into very fine powder & rub the teeth therewith, then wash them after with white wine & planten water & 3 or 4 drops of spirit of vittorell mixt with them & rub them well with a cloth, & it will preserve y^e teeth from putrefaction, & keep them fast white & clean and preserve from ye toothach if it be used every day.

TO MAKE AN HARTICHOAK PIE.

Take 12 hartychoak bottoms y^t are good & large after you have boyled them, take them clear from y^e leaves & cores, season them with a little pepper & salt & lay them in a coffin of paste with a pound of butter & y^e marrow of 2 bones in bigg pieces, then close it up and set it in ye oven, then put halfe a pound of sugar to halfe a pint of verges & some powder of cinnamon and ginger, boyle these together & when ye pie is halfe baked put this Liquor in & set it in y^e oven againe, till it be quite bak'd.

TO MAKE AN HUMBLE PIE.

Take ye humbles of a deere, or a calves heart or pluck or a sheeps heart, perboyle it, and when it is colde shread it small with beefe suet & season it with cloves, mace, nutmegg & ginger beaten small, & mingle with it currans verges & salt, put all into y^e pie & set it in the oven an houre, then take it out cut it up & put in some clarret wine melted butter & sugar beat together then cover it a little & serve it up.

TO MAKE GINGER BREAD.

Take a gallon of ye purest honey & sot it on ye fire till it boyle, then take it of & put into it allmoste halfe a pinte of good white wine vinegar, & it will make the scum rise y^t you may take it of very clean, & when it is scumed put into it a quart of strong ale and set it on the fire again, then put in halfe a pound of ginger, half a pound or more of good licorish halfe a pound of anny seed, 6 ounces of red sanders, let all these be finely beat and searced and mingle them well together; and let the

spices boil in it, then put in a peck of grated bread by little and little and worke it well in, & then roll it in searced cinnamon of which you must allow halfe a pound to this proportion, when you have workd it well together then print it in moulds or make it into what fashion you please.

TO MAKE DR. SMITHS CORDIALL POWDER.

Take crabbs claws soe far as they are black in fine powder 3 ounces seed pearle one ounce red corral in fine powder crabbs eyes white amber, hartshorne calcin'd of each an ounce, gallingall angellico roots ye scull of a dead man calcin'd of each halfe an ounce, cocheneale 2 drams, powder all these finely, & make a Jelly of 3 ounces of hartshorne & 2 cast snakes skines, in which make yr powder into balls, & put in, in y^e makeing up, of muske 3 grayns ambergreece 6 grayns & saffron halfe a dram, of this powder give 10 or 12 grayns to a man or woman, & 5 to a child.

TO FORCE A LEGG OF LAMBE OR MUTON.

Take one of y^e biggest Leggs of Lamb you can get & fatest stuff it all in y^e but end with sweet hearbs shread small & some of ye best of y^e kell shread amongst it with an anchovis & a few capers allsoe shread, & a little Leamon pill & a little peper & salt mixed all together. When you have stufd it, crush y^e top of y^e shank end upward, & lay it in a pudding pie pot, yⁿ put to it a little white wine, a little salt & a little nutmegg mixed together, with which wash y^e Legg all over with a feather, yⁿ set it in y^e oven with other meat, an hour will serve it, you must have in a readyness some sweet breads of veal or lamb, sheeps kidneys and lambs stones against y^r legg of Lamb is baked fry them in sweet butter with saussages & lay about y^r Legg when it is dished up, for y^e sauce take some strong broth & gravie of roste meat, an anchovie or 2 & a little pickle of oysters, give them all a boyle together, yⁿ beat an egg youlk or two together, & when y^e sauce is boyled put in y^e eggs, & stir them but let it not boyle after, least it curdle, yⁿ poure y^e sauce on y^e meat being layd in a large dish stick in sippits & garnish y^r dish with hearbs & hard eggs, shread small together.

TO MAKE A COLD POSSIT OR SULLIBUB.

Take a quart of sweete cream & boyle it with a nutmegg cut in 4 quarters yⁿ take it of & stir it till it be quite cold, yⁿ powre it into a bottle glass over night y^t you would have a sullibub, then you must take halfe a pinte of water & as much white wine & 2 spoonfulls of rose water, & lay in it half in it halfe a leamon pill green or dry, & some rosemary, & sweeten it, then stand high on a table & poure y^e boyled cream into y^e white wine, let it stand 4 or 5 hours & it will come.